REMEMBERING THE CANADIAN SACRIFICE AT VIMY RIDGE 100 YEARS ON

metroNEWS

Ottawa metro

URBAN ETIQUETTE

The ghoster, male or female, is a lazy moral coward. Good riddance, I say, and so should you

metroVIEWS

Your essential daily news | MONDAY, APRIL 10, 2017

High 21°C/Low 9°C Patio weather

Ottawa's Ryan Dzingel watches a goal by Bobby Ryan (not shown) in the Senators' 4-2 loss to the Islanders in Brooklyn Sunday. GETTY IMAGES

THE PUCK STARTS HERE

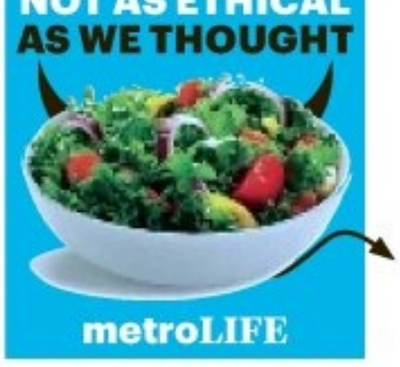
Sens ready for a run at Lord Stanley's Cup metroSPORTS

'THIS IS OUR COMMUNITY'

Jasmine Crescent residents stand up for safety

metroNEWS

BEING A VEGETARIAN IS NOT AS ETHICAL AS WE THOUGHT



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Your essential daily news

Pets, suits and luxury cars: Some of Canadians' most outrageous tax claims. **Business**

PARLIAMENT HILL

Rebuild of Centre Block a challenge

Ryan Tumilty
Metro | Ottawa

Members of Parliament could be taking some chilly strolls down Wellington Street during Centre Block's reconstruction to keep parliamentary tradition alive.

The Centre Block renovations are set to begin next year moving both the House of Commons and the Senate out of the building for at least 10 years, as part of a multibillion-dollar overhaul.

The two separate legislatures now separated by a long hallway will be separated by much more during the construction, with the House of Commons moving to a temporary chamber in the West Block and the senate moving down the street to the former rail station.

Currently, the usher of the black rod takes a ceremonial march from the senate for throne speeches, summoning members of the House of Commons to the senate for the speech with three taps on the house door.

Members of the house then follow the speaker and the sergeant-at-arms, who carries the House of Common's Mace, to the senate to hear the speech.

Former speaker Peter Milliken, who presided over the house for 10 years, said having the two buildings separated for the duration of the construction will pose some logistical challenges.

"I can't imagine how enthusiastic the MPs are going to be to take a hike over to the old train station," he said. "If the weather is bad I can see there being a lack of enthusiasm." He said it could also prove tricky to move the ornate House of Commons mace across a city block.

"Whether the sergeant-at-arms is going to carry the mace all the way over there I don't know, it would certainly require some security," he said.

He said many MPs skip the opportunity to attend the speech in person, which should alleviate some of the headaches, but there are still challenges.

"It will be interesting to see what they do," said Milliken.

Metro reached out to the current speaker's office. A spokesperson said they're aware of the logistical challenges, but have not yet started to discuss alternate arrangements.

Renderings for the redevelopment of Somerset House. CONTRIBUTED

New Somerset plans feature glass facade

DEVELOPMENT

Historical red bricks replaced in most recent renderings

Haley Ritchie
Metro | Ottawa

The saga of Somerset House on Bank Street continues at city hall this week, but a mistake by heritage staff means a wall of modern glass is set for construction instead of heritage replica brick.

The red brick building at 352 Somerset Street West was constructed in 1900, but a wall collapse in 2007 has left the building vacant and crumbling.

In 2016, council reluctantly approved demolition of a section of the building's north facade, with the condition that a replica be built in its place.

But the new renderings by the project's architect don't follow that direction — because the city's heritage staff forgot about it.

"Once this error was recognized, it was determined that the best way to move the project forward would be to proceed with the proposal without the replica wall," reads the report going to heritage committee on Thursday.

The design does include heritage restoration for the remaining original walls, and an ornamental turret, but the north-east corner includes open glass instead of replica brick.

> It is our understanding that it was a condition of permitting the demolition of the brick wall.
> Coun. Catherine McKenney

In their submitted comments, Heritage Ottawa expressed disappointed with the unexpected changes, but ward Coun. Catherine McKenney wants to move forward.

"It is our understanding that it was a condition of permitting the demolition of the brick wall and bays along Somerset last year that the brick and bays be rebuilt to match what was there originally," read the Heritage Ottawa comments in the report. "We strongly believe that this should be done and incorporated into the proposed façade, and that a glass connector not replace those bays."

"If this is the design which will enable us to finally move forward with this project and allow the construction of a completed building on the lot, then I see this as a worthwhile initiative," reads the comment by McKenney.

SEXUAL ASSAULT

Legislation could compromise judicial independence: Naqvi

Attorney General Yasir Naqvi said judges are already taking on training for sexual assault and he continues to believe any legislation mandating training would harm judicial independence.

There are now two private member's bills in the legislature at Queen's Park that would mandate prospective judges receive training in sexual assault law, before they are appointed to the bench.

One bill comes from Conservative MPP Laurie Scott. The other is from within Naqvi's own party, from Liberal MPP Cristina Martins.

Both bills resemble a private member's bill in the House of Commons from interim Conservative leader Rona Ambrose that would require training for people seeking to be appointed as federal judges.

Naqvi said where the bills come from is not an issue; however, he said he still believes the legislature has to keep some distance from the judicial system.

"We have to be very respectful of judicial independence. You don't want ever in our system where politicians interfere and tell judges what to do."

Naqvi says he has spoken with Ontario's chief justice, and he's confident that the training is taking place and the issue is being taken seriously.

"She has assured me that the training that judges receive includes training around sexual harassment laws," he said. "The training is there, and I'm confident she will continue to look at that issue."

RYAN TUMILTY/METRO

INDIGENOUS ISSUES

Pushing back to stop Chaudiere

A group of Algonquin grandmothers want to put a stop to any development on Chaudiere, Albert and Victoria Islands, because they argue the land should never have been offered for development.

The Algonquin Grandmothers of Pikwakanagan filed a statement of claim in court last month seeking to stop any development on the lands, which they view as a sacred territory.

Windmill development plans a mixed-use community and has worked with several other Algonquin groups to get support.

Greg Sarazin, a spokesperson for the grandmothers, said they want the development stopped.

He said the group is stepping in because they believe the chief and council for the Algonquins of Pikwakanagan don't have the community's support.

"In recent years, it became apparent to the people that the chief and the council of Pikwakanagan had been going in the wrong direction," he said.

He said the grandmother's view the islands as a sacred place and they don't want to see them developed.

"Traditionally, the grandmothers of the nation were the ones who kept the nation going, by protecting the culture and the history of the nation."

Sarazin said Indigenous communities have always viewed the islands as special and important and to see them turned into a community of condominiums would be terrible.

"It's always been a sacred site, because of the spiritual nature," he said. "It's a place where the Aboriginal nations the Algonquin and others when they were invited came to pray."

The claim has not yet been heard and the allegations have not been proven in court.

RYAN TUMILTY/METRO

MANSLAUGHTER CASE

Naqvi won't condemn police wristbands

Ontario's attorney general said he hopes police continue to work with the community, but stopped short of condemning wristbands some officers are wearing to support their colleague charged with manslaughter.

The black and blue wristbands are being sold in support of Const. Daniel Montsion who was charged with manslaughter recently in the July 2016 death of Abdirahman Abdi.

Ottawa Police Chief Charles Bordeleau has said officers should not be wearing them while on duty.

Attorney general Yasir Naqvi said Friday that he respects the chief's role in this and doesn't plan to weigh in on the issue.

"Those are operational issues and I respect that," he said. "That is not my decision or my call. That is something the chief should decide."

He said he would not be concerned if he was pulled over and an officer was wearing one of those wristbands.

"I know our police officers are professionals and I have full confidence that they will deal with citizens in a professional manner."

He said the most important thing the police and public can do is come together.

"I think our collective focus as a community and on the part of the police is making sure we're building trust and respect," he said. "I think erosion in that trust is always dangerous."

RYAN TUMILTY/METRO

That is not my decision or my call.
Yasir Naqvi

Transpo goes retro on new bus wait-time app

APPLICATION

Man recreates look of old Transitway TV screens

Ryan Tumilty
Metro | Ottawa

Anyone nostalgic for the OC Transpo of old can get a retro feel with a locally developed app that will have many remembering waiting for a cold bus with only a screen to give warmth.

Eric Chiz, a self-taught developer recently launched an app that gives people information on OC Transpo bus arrivals, but displays the information exactly like the old television screens in Transitway stops.

The screens had simple information about the next arrival for bus routes based on schedules.

The city has rolled out newer versions that are clearer and carry more information.

Chiz said he got the idea when he saw someone complaining online about one of the old signs that had fallen into disrepair in a transit stop.

I have taken transit all my life. I suppose that's why I am willing to do this.
Eric Chiz

"It was dirty. It was obscured and you couldn't read a thing on it and they said this is not terribly useful," he said.

Chiz's app uses open data from the city to display bus arrivals in the same format as the old signs.

He said you can input any transit station or stop and get the information exactly as it looked on the old screens.

"You would get all of the buses that go to St. Laurent and all of their upcoming times, just as the screens at St. Laurent would if they were working today."

He said some of the other transit apps in the city offer data differently, but he wanted to recreate the old screens.

"It doesn't have maps. It's doesn't have route suggestions," he said.

"It's as useful and as useless as the old screens."

A lifelong transit user, Chiz said he just wanted to bring back something that helped many people get around back in the day.

"I have taken transit all my life. I suppose that's why I am willing to do this," he said.

"I got very used to taking transit and trying to navigate the city with OC Transpo."

FLOODING
WET WHEELS
On Sunday, Madeleine Delaney, 9, (left) and Ava Subbaiah, 9, cycle through the water of a flooded court in Windsor Park, in Old Ottawa South. River levels are expected to go down in days ahead.
ALEX ABDELWAHAB / METRO

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EVENT

Repair Cafe extends the life of goods, tackles waste problems

There's no need to throw something out, when you can learn how to fix it instead. That is the mantra of Ottawa's first Repair Café, which was held at Makerspace North on Saturday.

"Here we are getting together the people who know and the people who are willing to teach," organizer Marit Quist-Corbett said of Saturday's event.

"It gives you so much confidence to see how things work."

Quist-Corbett's niece started the original Repair Café in the Netherlands back in 2009. The concept has since spread to many countries around the world, including France, Germany and the U.S., as well as other Canadian cities like Toronto, Montreal and Guelph.

> **Here we are getting together the people who know and the people who are willing to teach.**
> Event organizer Marit Quist-Corbett

The concept is simple: Someone comes in with a broken or torn household item — computers, furniture, bicycles, small electrical appliances, clothing — and volunteers work with them to fix it. If the fix is easy, they might even do some of the work themselves.

Volunteer Annie Feng said she got involved with the initiative because she wanted to share her sewing skills with others.

"I always hate to see things thrown out," she said.

"Fixing your things is easy. We have YouTube, we have the Internet, we have Pinterest."

Saturday's event was a pilot project, but organizers hope to expand the initiative across the city and make it a regular event.

ALEX ABDELWAHAB / METRO

The first Repair Café in Ottawa was held on Saturday in Makerspace North, in the City Centre building. ALEX ABDELWAHAB / METRO

Residents walk along Jasmine Crescent in Ottawa as part of a safe community initiative on Sunday. ALEX ABDELWAHAB/METRO

Jasmine Crescent feeling turnaround

CRIME

Councillor says residents more at ease since murders

Alex Abdelwahab
Metro | Ottawa

The bright yellow signs made their message abundantly clear — "Our city supports Jasmine — This is OUR community," in both English and French.

On Sunday, dozens of neighbours and community organizations came out to a walk along Jasmine Crescent, and show they stand behind the work to improve the safety in their community.

During an 11-month period between April 2015 and March 2016, three young men were murdered on the street. Another young man was stabbed in December 2016, but survived.

Resident Cécile Jean-Pierre said in French she has lived in the neighbourhood for 18 years. After the murder in March 2016, she was afraid to leave her house.

But she is no longer afraid, she said, mainly because police have increased patrols in the area.

After the murders, a number of community members also got together to form a safety committee.

> **If you look around here today, it's not fear. People are really excited.**
> Coun. Tim Tierney

City councillor Tim Tierney said he believes the work is making a difference.

"There was a real fear factor," he said. "If you look around here today, it's not fear. People are really excited. They're passionate about this community and frankly they're tired of that stigma of Jasmine being bad."

He added that he has noticed residents have become more open. "I find a lot of people that would not have spoken with me before, they were very quiet. They did their own thing. They went into their apartments or houses are actually now coming out to events. That's a big, big change."

He said he plans to continue that work with the assistance of non-profit, Synapcity, who will be working with residents over the next month to collect information about further.

JOBS

Unemployment down again after government hiring spree

The swelling ranks of public servants in Ottawa-Gatineau pushed the region's unemployment rate down for the fourth straight month to reach its lowest level in more than seven years, according to Statistics Canada figures released Friday.

Area employers collectively added 1,200 net new jobs in March, pushing the Ottawa-Gatineau unemployment rate to 5.1 per cent, down from 5.3 per cent a month earlier.

The federal government's ongoing hiring binge was the primary factor.

> **152,900**
> **Number of people in the Ottawa-Gatineau region working for the federal government.**

The region's largest employer expanded its local headcount for the eighth straight month and continued to set new employment records in the National Capital Region.

There are now 152,900 people in Ottawa-Gatineau working for the federal government. That's up 20 per cent, or 25,400 people, since last July.

Ottawa's closely watched tech sector, meanwhile, halted five straight months of employment declines and added 1,100 jobs.

The information and communications technology industry now employs 39,900 in Ottawa and an additional 5,300 in Gatineau. OTTAWA BUSINESS JOURNAL

Vimy Ridge: Canada's win for freedom

ANNIVERSARY

People come together to recall sacrifice 100 years ago

They came together from coast to coast to coast, by the thousands, to say thank you and to remember.

Canadians of all ages and all walks of life, they gathered under the soaring pillars of the Canadian National Vimy Memorial on Sunday to mark the 100th anniversary of that fateful battle — and reflect on its enduring legacy.

Exactly 100 years earlier, the scene here had been quite different. The sun that shone down on the masses on Sunday, forcing many to hide behind umbrellas lest they burn, had been non-existent in 1917.

Instead, rain and sleet and artillery shells had lashed what then was a muddy, bloody battlefield as 30,000 Canadian soldiers huddled in trenches and waited for the assault to kick off.

But there was one key similarity between that Easter Monday on April 9, 1917, and the scene 100 years later: Canadians stood together, shoulder to shoulder, proudly and unabashedly as one people.

"These ordinary and extraordinary men of the British dominion fought for the first time as citizens of one and the same country," Prime Minister Justin Trudeau said in French as he addressed the crowd.

"Francophones and Anglophones. New Canadians. Indigenous Peoples. Side by side, united, here in Vimy, within the four divisions of the Canadian Corps."

And despite suffering horrible casualties during the four-day battle, with 3,598 dead and more than 7,000 wounded, they would succeed where the British and French had failed by capturing the ridge.

"This was and remains the single bloodiest day in Canadian military history," Prince Charles, representing the British monarchy, told the assembled crowd. "Yet Canadians displayed a strength of character and commitment to one another that is still evident today. They did not waver. This was Canada at its best."

A man takes a photo as sentries stand guard at the National War Memorial during a vigil to commemorate the 100th anniversary of the Battle of Vimy Ridge. JUSTIN TANG/THE CANADIAN PRESS

Yet it wasn't Canada's fighting prowess that was being touted as the legacy of Vimy on Sunday: It was the creation of a country committed to peace.

"Without freedom, there can be no peace. Because freedom without peace is agony, and peace without freedom is slavery," Gov. Gen. David Johnston said.

French President Francois Hollande said the "blue ghosts of Vimy" serve as a reminder, not just of what happened 100 years ago, but what "free peoples" even today must sometimes do to protect peace.

"They tell us what free peoples are capable of when the essential is at stake," he said in French. THE CANADIAN PRESS

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Why youth love Canada

Canada 150 Art

Hundreds of young people will celebrate through art

Gilbert Ngabo
Metro | Toronto

VIBE Arts executive director Julie Frost is leading a mural project where kids explain why they love Canada. LIZ BEDDALL/METRO

Ask kids why they love Canada and the answers may surprise you.

From polar bears and the Great Lakes to Justin Trudeau and the women's national soccer team, young people from across the country are voicing their views about what Canada means for them. And they're being creative about it.

It's all part of 150+ Reasons We Love Canada, a project that's engaging Canadian youth aged 10-29 to celebrate the country's 150th anniversary through beautiful art. Run by the non-profit VIBE Arts, the initiative has reached out to over 500 young people from under-resourced communities in all provinces and territories.

The hand-painted murals will be unveiled to the general public ahead of July 1.

"Many of these young people don't have an opportunity to express their views about national issues," said VIBE Arts executive director Julie Frost. "We thought it was very important to give them this kind of platform where they're free to show their artistic talents and say something about the country."

As part of the project, the artistic charity teamed up with professional artists to run workshops in schools, shelters, public libraries and community centres in every province. Murals painted by the young people will be displayed for two months in Toronto subway stations and 20 airports across the country, including Pearson International. They'll also be digitized and showcased at different venues all over the country.

Frost said some themes from the project are centred around geography (the Northern Lights, ravines and Maple Leafs), as well as famous and influential people (Justin Trudeau, Drake and athletes). But many submissions also touch on issues of peace, freedom and diversity.

"It really helps build healthy relationships," said Frost.

INDIGENOUS AFFAIRS

Pregnant women will have an escort

Health Minister Jane Philpott says Ottawa will now pay for someone to travel with indigenous women who need to leave their communities to give birth — a change to what she called an "extremely unhelpful" policy.

In an interview with The Canadian Press, Philpott said she heard a "cry loud and clear" from indigenous health experts who were urging the federal government to allow pregnant aboriginal women to leave home with an escort.

"It is a major policy change for us," Philpott said. "It requires significant resources in order to be able to do that, but it is absolutely a wise investment."

Health Canada said Sunday that it's difficult to provide a precise cost estimate for the change because it is a demand-based program but it estimates $22-million will be spent on the measure in the 2017-2018 budget year.

Indigenous women without proof of a medical need to have someone escort them have long been forced to have their children alone and far from their land, language and heritage, the minister said.

THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD NO. 68

THE PRAIRIES AND MOUNTAINS

I GREW UP JUST OUTSIDE OF CALGARY, WITH A BREATHTAKING VIEW OF WHERE THE PRAIRIES MEET THE ROCKY MOUNTAINS. IT TOOK MOVING TO ANOTHER PROprovince FOR A NUMBER OF YEARS TO REALLY APPRECIATE THE BEAUTY THAT SURROUNDED ME FOR SO LONG. **SIDNEY STARKMAN**

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

POLICY

Feds aim to lower immigration detention

The federal government is "exploring potential policy changes" to reduce the length of immigration detention and get non-violent migrants out of maximum-security jails, according to a new report.

Canada Border Services Agency's "New National Immigration Detention Framework," released late Friday, is not a concrete plan as much as it is a general set of intentions. But, if implemented, it would signal a substantial shift in how Canada treats its unwanted immigrants.

Based on a series of stakeholder consultations conducted last fall in response to mounting public pressure, the report from Canada's border police agency says it wants to "better align" itself with international and domestic standards for immigration detention by reducing the use of maximum-security jails, expanding alternatives to detention and "drastically" shrinking the number of children in detention.

Canada's border police can detain immigrants who have been found inadmissible to the country if they believe they are a danger to the public, will not show up for their deportation, or if their identity is in doubt. The average length of detention last year was 23 days, but hundreds of detainees end up languishing in deportation limbo for months or years.

A Torstar investigation found Canada's immigration detention system regularly subjects difficult-to-deport migrants to indefinite detention — often in maximum-security jails — and is routinely unable to solve long-term detentions.

Highlighted in the series is the fact that Canada is one of only a handful of developed countries that does not have any maximum length of detention for immigration detainees. In Europe, maximum lengths of detention range from 45 days to 18 months. Mexico has a 60-day limit on immigration detention, while the United States doesn't technically have a limit, but the Supreme Court has ruled that, if after six months deportation is not reasonably foreseeable in the near future, the detainee should be released.

The United Nations Human Rights Committee called on Canada in 2015 to set a "reasonable" time limit on immigration detention, but the federal government has thus far been reluctant to change its policy.

Although the new report doesn't specify what policy changes are being considered, it does suggest the government is interested in detaining fewer immigrants who "do not pose a danger to Canadian society and who collaborate with the government" in their deportation.

Since taking power in the fall of 2015, the federal Liberals have already detained fewer people for immigration purposes than the Conservatives. They have also significantly reduced the use of provincial jails, at least in Ontario, where federal immigration detention payments have declined sharply in the past year.

TORSTAR NEWS SERVICE

BY THE NUMBERS

45 days-18 months
Europe's maximum length of detention for immigrants

60 days
Mexico's maximum length of detention for immigrants

GLOBAL DIGEST

SWEDEN

Country questions welcoming policies

Swedes questioned their country's welcoming immigration policies with pride and pain on Sunday after learning that an asylum-seeker from Uzbekistan was allegedly behind the truck rampage that killed four people.

The Swedish capital was slowly regaining its normal rhythm as details about the suspect emerged. Police said he had been ordered to leave Sweden in December because his request for a residence permit was rejected. He allegedly went underground, eluding authorities' attempts to track down and deport him until a hijacked beer truck rammed into a department store on Friday. THE ASSOCIATED PRESS

SYRIA

Russia and Iran affirm commitment to Assad's government

Russia and Iran renewed their support for the Syrian government in a flurry of calls on Sunday, saying last week's U.S. missile strike violated Syrian sovereignty but failed to boost the morale of "terror groups" in Syria.

Iranian President Hassan Rouhani called the strike on Friday a "blatant violation" of Syrian sovereignty, Syrian state media reported. Assad accused the U.S. of trying to boost the morale of "terror groups." The government refers to all those fighting against it as terrorists. A statement carried on the military media arm of Hezbollah condemned the strike in stronger language, saying it had "crossed red lines" and vowing to "reply with force" to any future aggression "in a variety of ways." THE ASSOCIATED PRESS

Suicide bombers kill dozens at church services in Egypt

TERRORISM

Government seeks to install 3-month state of emergency

Suicide bombers struck hours apart at two Coptic churches in northern Egypt, killing 44 people and turning Palm Sunday services into scenes of horror and outrage at the government that led the president to call for a three-month state of emergency.

Daesh claimed responsibility for the violence, adding to fears that extremists are shifting their focus to civilians, especially Egypt's Christian minority.

The attacks in the northern cities of Tanta and Alexandria that also left 126 people wounded came at the start of Holy Week leading up to Easter, just weeks before Pope Francis is due to visit.

Pope Tawadros II, the leader of the Coptic church who will meet with Francis on April 28-29, was in the Alexandra cathedral at the time of the bombing but was unhurt, the Interior Ministry said.

It was the single deadliest day for Christians in decades and the worst since a bombing at a Cairo church in December killed 30 people.

Late Sunday night, President Abdel-Fattah el-Sissi called for a three-month state of emergency.

> **All I could think of was to find my wife, and all I could see was smoke, blood and completely charred bodies.**
> Magdy George Youssef, a deacon at St. George's

According to Egypt's constitution, parliament must vote in favour of such a declaration — a certainty since it is packed with supporters of the president. It cannot exceed six months without a referendum to extend it.

The president also dispatched elite troops across the country to protect key installations and accused unidentified countries of fueling instability.

The attacks highlighted the difficulties facing el-Sissi's government in protecting Christians, who make up about 10 per cent of Egypt's population.

"Where is the government?" screamed an angry Maged Saleh, who rushed to the church in the Nile Delta city of Tanta where his mother escaped the carnage.

The first bomb exploded inside St. George's Church in Tanta, killing at least 27 people and wounding 78, officials said, overturning pews, shattering windows and staining the white-washed walls with blood.

A few hours later, a suicide bomber rushed toward St. Mark's Cathedral in the coastal city of Alexandria, the historic seat of Christendom in Egypt, killing at least 17 people and wounding 48.

Pope Tawadros II had held Palm Sunday services at the cathedral and the timing of the attack indicated the bomber had sought to assassinate him.

Pope Francis marked Palm Sunday in St. Peter's Square by expressing "deep condolences to my brother, Pope Tawadros II, the Coptic church and all of the dear Egyptian nation." THE ASSOCIATED PRESS

Blood stains pews inside the St. George's Church after a suicide bombing, in the Nile Delta town of Tanta, Egypt, Sunday. Bombs exploded at two Coptic churches in the northern Egyptian cities of Tanta and Alexandria as worshippers were celebrating Palm Sunday, killing over 40 people and wounding scores more in assaults claimed by Daesh. NARIMAN EL-MOFTY/ THE ASSOCIATED PRESS

AIR STRIKES

Syrian refugees see glimmer of hope in Trump's policy shift

Syrian refugee children run at an informal refugee camp, at Al-Marj town in Bekaa valley, east Lebanon. THE ASSOCIATED PRESS

For the millions of Syrian refugees scattered across camps and illegal settlements, the chemical attack on a town in northern Syria and subsequent U.S. strike was a rare moment when the world turned its attention to Syria, before turning away again.

Some cheered the U.S. cruise missiles that hit an air base in central Syria, but others insist they are opposed to any U.S. intervention. Few had any hopes that the apparent sudden shift in President Donald Trump's policy would help their situation.

DRAMATIC CHANGE

The strike marked a swift reversal on Syria for Trump, who had repeatedly said the U.S. should stay out of the civil war. But several refugees regarded Trump's policy shift with bitterness, noting that he said he was moved to act by photos of the "beautiful babies" killed in the gas attack after working for months to bar millions of refugee children and their families from entering the United States.

Trump has not spoken on whether his renewed involvement in Syria will also include a changed policy on Syrian refugees. But some refugee agencies in the United States are hoping that change is coming as well.

TRUMP'S CHOICE

The Syrian refugees of Kawergosk in northern Iraq have been around for so long that their camp has turned into a small town. Shops of all kinds line its main street and most of the tents have been converted into small cement block houses.

Many of the camp's residents welcomed the American cruise missile attack on Syria but said that they wished America would go further and intervene to end the country's six-year civil war.

THE CURRENT POLICY

Trump had taken something of a hands-off approach to Syria and Syrian refugees as both a private citizen and a presidential candidate, even urging President Barack Obama in 2013 to avoid getting involved in the civil war there. The first iteration of Trump's now blocked travel ban indefinitely barred all Syrian nationals from coming to the United States. The indefinite ban on Syrians was eliminated from a second version of the ban.

Trump has suggested at times that safe zones in and around Syria should be established to protect people. THE ASSOCIATED PRESS

Tax deadline creeping up

ADVICE

Experts give some tips for tardy tax filers

More than a quarter of Canadians — 28 per cent — find the tax-filing process stressful, confusing and even intimidating, according to a TD survey.

But don't sweat it, says Tarsem Basraon, senior manager, wealth advisory services at TD Wealth Management. With the deadline just three weeks away, it's time to buckle down.

This year, you technically have an extra day because April 30 falls on a Sunday, so your return will be considered filed on time if it is postmarked on or before May 1, 2017.

Here are Basraon's last-minute tips for tax filers:

New this year: Let the Canada Revenue Agency know if you sold your home. ISTOCK

File on time, even if you don't owe a penny

While late penalties are only applicable if you file past the deadline and owe money, it is strongly recommended that you file on time — even if you think you'll be getting money back — in case anything unexpected arises.

Don't miss out

Even if you don't owe money, late filers could miss out on, or experience interruptions to, government benefits and credits such as the Canada child benefit and GST/HST credits. It's also important to remember that if you're expecting money back, the earlier you file, the sooner you'll receive your refund.

Forgotten claims

Do your research to determine what expenses you can claim. Many of the following are overlooked: charitable donations, child-care expenses, disability credits, medical expenses, travel medical insurance and moving expenses.

New for the 2016 tax year

Tax rules often change from year to year, so keep up to date. For the 2016 tax year, there are several new rules. You now need to report the sale of a principal residence; the income-splitting family tax cut has been eliminated; and there are lower federal tax rates on income between $45,282 and $90,563 (from 22 per cent to 20.5 per cent). For a full list of changes, visit the CRA website.

Avoid common mistakes

The most common mistakes are a failure to report investment income or foreign income; incorrectly transferring claims like education or medical expenses between family members; failure to file required elections or forms (e.g., T1135 for foreign assets over $100,000); and failure to keep adequate records and receipts.

Don't be afraid to seek help

An accountant or tax advisor can ensure you are accurately filing and taking advantage of the appropriate deductions. Also, ask how to accelerate or defer income, depending on your tax bracket.

TORSTAR NEWS SERVICE

Claims that test limits

For some, income tax season is an opportunity to think outside the box and test the limits of what can be claimed. Some of the more daring tax claims Canadians have made:

- Tax lawyer Paul DioGuardi once successfully defended a man who claimed a portion of the cost of his Rolls-Royce Silver Cloud as a business expense. He used it as a personal vehicle and as a delivery car for his clients.
- Lisa Gittens, a tax professional with H&R Block, says a woman last year tried to claim her cat as a dependent and bringing in all her receipts for food and vet bills. If your pet is working for you, you may be able to claim their costs. A farmer was once allowed to claim cat and dog food because they were outdoor pets acquired to keep wildlife away.
- Tax lawyer Paul DioGuardi's firm successfully defended a client's right to claim a $5,000 Brioni suit that he only wore when he did media appearances, advertisements and television commercials. In this case it was part of the client's persona, DioGuardi said.

THE CANADIAN PRESS

B.C. HEALTH AND SAFETY RULES

Women can't be forced to wear high heels at work

A move by the British Columbia government to ban mandatory high heels in the workplace is being lauded as a step towards ending discriminatory dress codes.

Requiring women to wear high heels on the job is a health and safety issue, said Labour Minister Shirley Bond.

The high heels issue is broader than just footwear, said Robyn Durling, communications director with the legal-assistance group B.C. Human Rights Clinic. The new regulations will help prevent women from being forced to wear clothing they're not comfortable with and could prevent some sexual harassment in the workplace, Durling said.

The changes will be enforced by WorkSafeBC, the body that oversees worker safety in the province.

THE CANADIAN PRESS

Canada 150 Bank of Canada

New $10 bank note unveiled

The Bank of Canada has unveiled a new commemorative $10 bank note to celebrate the 150th anniversary of Confederation — and it will mark one of the few times a Canadian woman and an Indigenous Canadian have been featured on the country's currency.

It is also just the fourth time in Canada's history that a special, commemorative bank note has been produced.

The front of the bill depicts the faces of four federal political figures the Bank says helped shape the country: Sir John A. Macdonald, Sir George-Etienne Cartier, Agnes Macphail and James Gladstone.

Macphail, a champion of equality and human rights, was Canada's first female member of Parliament.

First elected in 1921, she later went on to provincial politics, winning a seat in the Ontario legislature in 1943.

The bank had already announced plans to put human rights activist Viola Desmond on the $10 bill later next year, making her the first Canadian woman to grace a regularly circulating bank note.

Gladstone, known by his Blackfoot name Akay-na-muka, was a member of the Kainai, or Blood, First Nation who fought for Indigenous rights.

In 1958, he became the first person of First Nations origin to be named to the Senate.

The new note will be available June 1 when 40 million go into circulation.

THE CANADIAN PRESS

OTHER NOTES

Three commemorative bank notes have been issued in Canada.

- A $25 note was printed in 1935 to celebrate the Silver Jubilee of King George V.
- In 2015, a special $20 note was released in celebration of Queen Elizabeth II as the longest-reigning sovereign in Canada's modern era.
- A $1 bill was also issued in 1967 to mark Canada's centennial year.

CORRECTION NOTICE

In the April 6th publication, the Hyundai Canada ad identified savings up to 33% off the 2017 Accent L 6MT 5 Door.

The correct amount is 30% off the starting price of $15,637 for a price adjustment of $4,642 for the 2017 Accent L 6 MT 5-door.

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iMARKETING

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Your essential daily news
Monday, April 10, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
Can I confront my ghoster to demand an explanation?

Ani Castillo

Dear Ellen,

I met a woman online, we met for coffee and connected right away. We had some great dates and started making some serious plans to spend more time together. Then, after a few weeks, she cancelled by email at the last minute, and completely disappeared. She's not on the dating site anymore, or she has blocked me. Now I'm wondering whether to contact her. Women complain about being ghosted all the time, but obviously they do it too. I think I deserve an explanation. Advice?
Rick

Dear Rick,

Yes, you deserve some kind of explanation. No, you should most definitely not contact her, for the following reasons: a) she cancelled dinner, then cancelled you on the dating site, so it's not like she's lying in a ditch somewhere and needs your help; b) tracking her down and contacting her after she's ghosted you puts you firmly in stalker territory, which is not where any polite, or sane, person wants to go.

Also, while it's true that women complain about being ghosted, and then turn around and do it themselves, that fact is completely irrelevant. The female of the species can be just as rude, heartless and cruel as any other member of the human race, but their bad behaviour is no excuse for relaxing one's own personal standards.

What she, or any one of us, must do is at least send a polite note.

I'm not saying she owed you an excessively detailed explanation. Whether she had a personal crisis, or a horrifying medical diagnosis, or an inconvenient acne breakout, or she just found another guy she liked better, she is under no obligation to tell you about any of it.

But what she, or any one of us, must do is at least send a polite note. Nobody wants to hear "Hey, it was great to meet you and spend time with you, but I don't think this is quite right for me." But at least you'll have clarity.

The right thing for you to do here is swallow your pride, and believe that time will heal your hurt feelings.

If it's any consolation, and assuming you behaved like a gentleman throughout your brief relationship, you can also be assured that she's not good enough for you anyway.

The ghoster, male or female, is a lazy moral coward who'd rather take the easy way out than extend another person the common decency of a formal farewell. They don't have the first inkling about what makes a good relationship. Good riddance, I say, and so should you.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

He's made calls, now Trudeau needs to put in work on feminism

Justin Trudeau's feminism needs to be more specific.

Feminism, especially intersectional feminism, is a big chaotic tent. The diversity of speakers and issues at the Women's March alone were proof of that. Feminists are concerned about everything from equal pay to environmental issues to Indigenous rights.

So what exactly is the prime minister talking about when he claims to be a feminist?

At the recent Women in the World Summit, an annual conference of activists, politicians, business leaders and artists, Justin Trudeau rolled out his greatest feminist hits featuring a light Lean-In seminar. He was interviewed by former New Yorker editor-in-chief and conference creator Tina Brown in front of a crowd at Lincoln Centre, reports Maclean's.

It was a master class in deflection. Asked about rising populism, he responded with a call for more women in leadership. Asked about being seen as an "elite wonder boy," he responded that he was proud of being his mother's son. Asked about his relationship with Ivanka Trump, he didn't even mention her name in his answer.

Trudeau is a master of evasion, but the New York City crowd evidently loved it.

At home, however, I can't help but roll my eyes. It's easy to be a feminist on New York City's streets, but here in Canada, I am going to need to see some receipts.

Women in Canada are still waiting for something resembling a comprehensive childcare strategy.

Women bear the brunt of the financial costs for childcare; this keeps them out of careers and in poverty. Indigenous children are still waiting for Ottawa to fulfil the order by the Canadian Human Rights Tribunal to reform child welfare.

The recently announced budget did not increase international aid at a time when the United States has reinstated the global gag rule on abortion and ended funding for the United Nations Population Fund.

The prime minister has done some positive work. He has lifted the two per cent funding cap on First Nations. Canada has joined others to fill the gap left by Trump's cuts with a $20 million funding pledge for global reproductive health, including contraceptives and post-abortion care. After years of non-response, the government has convened the Missing and Murdered Indigenous Women inquiry. And the Liberals have sought to add a gender analysis, albeit an imprecise one, to policy decisions.

But many of Prime Minister Trudeau's policy changes leave a lot to be desired. Feminism is not a matter of branding. It requires work and accountability. Vague answers and Lean-In-style calls for women to step up do a disservice to Canadian women who need their prime minister to do more.

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metro LIFE

Your essential daily news

New parents Janet Jackson and Wissam Al Mana are separating, ABC News reports

FOOD & ETHICS
Tips for becoming an ethical eater
Figure out what you care about most and shop accordingly.
Shop local. Ideally, ethical omnivores eat only local, organic and humanely raised meat.
Stick to a 'reducitarian' or 'flexitarian' diet that minimizes the amount of animal products.
MARISSA LANDRIGAN
The Vegetarian's Guide to Eating Meat
A Young Woman's Search for Ethical Food

Even the innocent strawberry could be grown with chemicals that endanger the environment and the people who work the fields, writes Marissa Landrigan. TORSTAR NEWS SERVICE FILE

Vegetarianism is not always ethical

FOOD

Giving up meat won't save the planet — or your soul

Marissa Landrigan stopped eating meat for ethical reasons — and then started eating meat for ethical reasons.

For a summer job right after college in 2007, she was researching threats to California's waterways and learned that crops, including the innocent strawberry, could be grown with chemicals that endangered the environment and the people who worked the fields.

It had never before occurred to her, a hardcore vegetarian since her freshman year, that growing fruit and vegetables could be as ethically questionable as farming animals. A decade later, Landrigan, now 34 and a Pittsburgh area-based writing professor, extols the virtues of eating meat in her memoir, The Vegetarian's Guide to Eating Meat: A Young Woman's Search for Ethical Food, released this Friday.

"Ethical eating isn't about a black and white choice where vegetarian and vegan is always good and meat is always bad," Landrigan said in an interview. She now uses "ethical omnivore" as shorthand to describe how she eats.

"I had to decide what was more important: always boycotting meat or generally supporting the most ethical and sustainable and humane food production I could find, which would sometimes involve livestock animals."

Ethical eating isn't about a black and white choice

Marissa Landrigan, author of The Vegetarian's Guide to Eating Meat: A Young Woman's Search for Ethical Food

For many like the young Landrigan, achieving a guilt-free diet means cutting out meat, eggs and dairy in order to satiate concerns over animal welfare and the environment — research has generally shown that livestock farming is a significant contributor to greenhouse gas emissions.

In college, Landrigan disavowed meat as part of a broader sense of anticorporate activism only to discover her faux chicken, veggie burgers, even organic tomato paste could still be products of an industrial food system she opposed. For example, the vegetarian Boca Burger is sold by Kraft, which makes hotdogs and deli meat from the largest pork producers in the U.S.

And there are plenty of other examples of dubious produce.

Demand for quinoa led to overproduction and unstable crop prices for Peruvian farmers. Avocados are associated with drug cartels and deforestation in Mexico.

Water-intensive almond growing in California was partly blamed for water shortage during that state's multi-year drought. The Vietnamese nut industry has been accused of producing "blood cashews," forcing drug addicts to shell the nuts through treatment centres doubling as labour camps. Soy crops — though mostly used for animal and chicken feed — have been linked to destruction of the Amazon rainforest.

Though meat consumption in Canada has declined or plateaued in the past four decades — per capita red meat went down nearly 40 per cent between 1980 and 2015, according to government statistics — along with the rise of "plant-based" diets and Meatless Mondays, it's estimated only 4 per cent of Canadians do not eat animal products at all.

Landrigan tries to shop local, where her money supports her community, not a multinational conglomerate that may operate with unethical practices under some other company name. TORSTAR NEWS SERVICE

ADVICE

How leasing a car may be the best option for saving money

Gail Vaz-Oxlade
For Metro Canada

A friend of mine — we'll call him Desmond — was telling me that he's in the market for a new car.

"Paying cash, financing or leasing?" asked I, not realizing that I was about to step into a pile of poop.

"Lease..." he shouted at me, the spittle flying. "That's like dumping a whole bunch of money into a vehicle that you'll never own. It's stupid. Like renting."

Whoa now buddy, renting isn't stupid and neither is leasing, for the right person and the right reasons. (He might be considered stupid for buying a new car and taking the depreciation hit when he drives it off the lot, but I digress.) Let's look at some facts about leasing, then, shall we?

Fact 1: When you lease a vehicle, you only pay for the vehicle's depreciation over the term of your lease. To figure this out, take the residual value (the estimated value of the vehicle at the end of the lease term) and subtract it from the total purchase price. This is the amount on which your payments are based, plus the lease (read interest) rate you're paying and applicable taxes.

Fact 2: At the end of your lease, you have the option of either buying the vehicle for the pre-determined residual, or returning it to the dealer.

Fact 3: Leasing can work out to be a cheaper option. If the interest rate on the lease is lower, or if the term of the financing is longer, the lease will be less expensive. Shop smart. If lease rates are better than financing rates because manufacturers are subsidizing their leases, you'll win on the lease.

Fact 4: If you are self-employed or have a company through which you are running your vehicle(s), leasing may offer a bigger tax payoff than financing.

Fact 5: Dealers may jack up the price on a car if they know you plan to lease. Don't go in declaring how you're going to pay for the car. As far as the dealer is concerned, you don't have a trade in, you don't need financing, and you don't plan to lease.

For more money advice, visit Gail's website at gailvazoxlade.com

How not to get sued by a former employer

LAW AND CONTRACTS

Know your non-compete, solicitation clauses

Genna Buck
Metro Canada

In a lawsuit against Uber, self-driving car guru Anthony Levandowski is accused by Waymo, a Google subsidiary, of allegedly downloading confidential information before he left. But you don't have to be a big shot to end up on the wrong side of a lawsuit. AP FILE PHOTO

Self-driving car guru Anthony Levandowski spent nine years at Google. He was, in large part, the brains behind the search giant's venture into researching autonomous vehicles.

But in 2016, he ditched that gig to start a self-driving truck company, Otto trucking.

Then he turned around and sold Otto, a few months later, to Uber — the ridesharing juggernaut that stands to gain a lot from replacing its expensive human drivers with robots who never ask for a raise.

According to a lawsuit filed by Waymo, a Google subsidiary, before he left his job Levandowski downloaded more than 14,000 confidential files, then wiped his laptop to cover his tracks.

Allegedly, he brought Uber a treasure trove of information on Google's research on laser navigation.

Google invested a lot of money to gain that knowledge, and had a reasonable — and legally protected — right to keep it safe from competitors.

Situations like this are the reason that when you start a new job, you might be asked to sign a contract restricting what you can do once you leave it.

This could take the form of a non-compete clause, which says you can't work for a direct competitor for a certain period of time in a certain place, or a non-solicitation clause, which restricts you from "poaching" clients or employees to your new workplace.

It's also why you can't share confidential information from your old employer with your new one. (That part is common sense: You can be sued for sharing a company's secrets even if there's nothing specific in your contract that says you can't).

But the situation doesn't have to be as high-profile as the Uber example for an ex-employee to end up on the wrong side of a lawsuit in Canada if they choose to leave and go to a competitor.

In this competitive landscape, workers change jobs a lot. And, especially in high-tech sectors, they may be privy to extremely valuable information. The spectre of getting sued by your former employer is more real than ever. And that can present a problem for employees who don't know their rights, according to Kumail Karimjee, an employment lawyer in Toronto who represents both workers and companies.

"People often sign contracts at the beginning of a relationship with some excitement and euphoria but not a lot of careful review," because they want to get the job and don't want to be seen as a person who makes a fuss, Karimjee said.

But unless you are, like Levandowski, a big shot like a CEO or cofounder, non-compete clauses are almost never allowed by the courts, Karimjee explained. That's particularly true if the company has tried to sneak in a contract that's very broad, like "no working in the software industry anywhere in Canada for five years."

That's clearly not allowed, he said. But some employers will try to get you to sign off on it, anyway.

"It's all well and good for your lawyer to say, you can go ahead and work somewhere else, in my opinion it's not a valid and binding contract," Karimjee said. "That doesn't stop employers from potentially starting an action against you. For an employee, it can be a very time consuming, costly and stressful thing."

It's important to deal with such a contract issue from the very beginning, says employment lawyer Lai-King Hum. "If you see a clause that's way too general, then you want to get rid of it, or you negotiate so you limit the application of the clause," she says.

Non-solicitation clauses, meanwhile, are a little different.

A hairdresser, for example, who has a non-solicitation agreement can't tell everyone who sits in her chair that she's leaving the company soon and ask them to move their business to the new and better salon down the street.

Her clients or coworkers are free to jump ship and join her if they want, but she can't actively entice them away.

The key thing to understand, Karimjee said, is that the law is generally on the workers' side: People are, as a rule, free to change jobs and make a living how they please. The onus is on the employer to show the employee actually hurt them by poaching people or information.

It's good idea to seek legal advice if you're asked to sign an overly broad contract, he added.

Finally, Karimjee explained, employers may not launch these kinds of suits to save their financial bacon — but rather to settle a personal beef.

"A feeling of hurt may be driving it: 'This person burned us. We trusted this person.' And sometimes that emotion may have a greater impact on the decision-making than the refined legal analysis provided by the company's lawyer."

> **People often sign contracts at the beginning of a relationship with some excitement ... but not a lot of careful review.**
> Kumail Karimjee

REAL ESTATE

Don't go over your house-buying budget

Whether it's the sizzling real estate market or the desire for something just a little bit nicer, the temptation to stretch your home-buying budget may be tough to resist.

But there are numerous factors to take into account before making the biggest purchase of your life, even if you've qualified with your lender for more.

John DeRose, who oversees Vancity's mobile mortgage specialists, says people paying $1,500 a month in rent can't necessarily afford a monthly mortgage of $1,500.

"When you own a home there are extra costs, so that's why it is important to sit down and talk to somebody," he says.

The maximum amount people can spend on a home depends on the size of their down payment and two key ratios.

According to the gross debt service ratio rule, monthly housing costs — which include mortgage payments, property taxes, heating expenses and 50 per cent of any condo fees, if they apply — should not exceed 32 per cent of one's average gross monthly income.

The second rule, called the total debt service ratio, says monthly debt loads should be no more than 40 per cent of average gross monthly income. That includes all housing costs included in the gross debt service ratio as well as other debts like car loans or leases, credit card payments and line of credit payments.

However, DeRose says those two ratios likely don't capture the full picture for many Canadians.

"Everyone's financial situation is different, so just using a calculator is not going to give you all the answers," he says.

"Everyone is in a different part of their life cycle. They have expenses that others may not have: they may have children, they may not."

Planning for the future is important because costs can fluctuate throughout life. Interest rates are near record lows now but will likely rise at some point, as will things like utility costs, property taxes and condo fees. Your pay cheque, however, may not keep pace.

There are also the costs of buying a new car, or a family situation could change. For those planning on having children, keep in mind the cost of day care in a big city can be more than $1,000 a month.

Canada Mortgage and Housing Corp. publishes a step-by-step guide for potential homebuyers, including worksheets that help people take a careful look at their household budget now and in the future.

It also includes lists of possible costs in addition to the purchase price, such as legal and inspection fees associated with the transaction as well as moving expenses, all of which can add up to thousands of dollars.

Ina Wielinga, a knowledge transfer consultant at CMHC, says it is important to be honest when creating a budget and planning for the future.

For those planning to have a family, that could mean a drop in household income while one parent takes maternity or paternity leave, Wielinga said.

THE CANADIAN PRESS

32%

According to the gross debt service ratio rule, monthly housing costs — which include mortgage payments, property taxes, heating expenses and 50 per cent of any condo fees, if they apply — should not exceed 32 per cent of one's average gross monthly income.

40%

Another rule, called the total debt service ratio, says monthly debt loads should be no more than 40 per cent of average gross monthly income. That includes all housing costs included in the gross debt service ratio as well as other debts like car loans or leases, credit card payments and line of credit payments.

YOU CAN DO THIS RESIDENTIAL/HOME CLEANING

Sweeping a path to success

Donna Cooper, 26, owner of Home Clean Home. In Ottawa, South.

WHY I LIKE MY JOB

I originally started working for a smaller residential cleaning company, which gave me some insight on how to operate a small business. After I had my second child, I wanted to take my career to the next level so I could earn more while still having time for the kids. I actually really enjoy cleaning (it's therapeutic once you give it a chance), so I figured why not launch my own business?

At first, building my network and marketing my company took a lot of elbow grease. But once I got it off the ground, the referrals started growing and now I'm operating a full-time cleaning service with two additional employees in Ottawa and the surrounding area.

In order to find this line of work rewarding, you need to be energetic and detail-oriented. I clean as many as three houses per day, top to bottom, which requires significant stamina. People hire cleaning services to take care of the extra things they forget about, meaning you need to physically move furniture to reach those awkward corners or pull out the toothbrush when grime gets tough.

I make people's lives easier. Clients will reach out to me saying how much they love cleaning day because they get to come home and relax. I love seeing the before-and-after results — especially during spring cleaning season.

THE BASICS: Residential/ Commercial Cleaner

$30,519

Median full-time salary for residential/commercial cleaners

Supervisors and small-business owners can earn more than **$50,000** annually.

+5%

Projected rate of job growth over the next 7 years

Data for this feature was provided by payscale.com, hire-ability.org, canadabusiness.ca and onetonline.org.

HOW TO START

Although there are no formal education requirements, residential and commercial cleaners will soak knowledge up like a sponge while on the job. Some private institutions offer training courses in janitorial services, which covers everything from carpet and floor care to hard-surface cleaning, drain care and chemical safety. However, these courses aren't mandatory as they will likely be learned on the job. Who has all the right tools to fight any stain? Professional cleaners.

WHERE YOU CAN GO

Janitors, custodians, home cleaners and office cleaners essentially serve as building maintenance specialists. The job can be physical in that it involves a range of motions like walking, pushing and lifting for extended periods.

Work hours are flexible, with most professionals being able to choose between day shifts or night shifts.

NEXT CAREER STEP

Cleaners may consider launching their own cleaning business. Outshining competitors requires building strong connections with the local community, targeting specific demographics and seeking accreditation from organizations like the Accredited Residential Cleaning Services International (ARCSI). A business owner may also need to hire and train their own employees, so business courses may help.

EDUCATION

Creative writing in demand

Some credit the rise of social media. Others attribute it to a flourishing culture of self-expression. Whatever the reason, colleges across the United States are seeing a boom in demand for courses on creative writing.

Colleges are adding writing programs to accommodate interest in what has become the rarest of fields in the humanities — a sector that is growing, rather than losing students to science and technology.

The number of schools offering bachelor's degrees in creative writing has risen from three in 1975 to 733 today, according to the Association of Writers & Writing Programs (AWP), an industry group based at George Mason University in Fairfax, Va.

So what will these students do after graduating?

"Most of them are aware that this probably is not going to be their career. At least, I hope they're aware," said David Galef, director of the creative-writing program at Montclair State University in New Jersey. "They're interested in doing something they feel is creative."

While some will become professional writers, others will find work in fields such as public relations, advertising or something completely unrelated. Instructors say some students see their focus on writing as a way to understand themselves, make use of a liberal education and enrich their lives.

Gil Moreno, 46. AP FILE

One Montclair State undergraduate, Gil Moreno, 46, enrolled years after completing another bachelor's degree, in business management, and dreams of becoming a writer. Even if he can't do it professionally, he'll keep it up on the side.

"I'm looking to get away from the business world," he said. "I'm kind of looking to live in my own separate world."

The number of creative-writing bachelor's programs has grown steadily but spiked from 161 in 2008 to 592 in 2013, according to the AWP. English departments elsewhere have offered new concentrations or minors in writing, and still more major programs are planned, including one beginning next fall at the University of Chicago.

In some English departments, the boom has created tension between creative writing and those who emphasize instruction of literature.

At Yale University's English department, which is reviewing admissions procedures for the writing concentration amid a surge in applications, professors say their writing program is unusual in requiring that all courses include reading in contemporary work of the chosen genre.

"All over the country students are more interested in writing about themselves than they are in reading other people," said English professor Leslie Brisman, who has taught at Yale since 1969. "We are in favour of creativity. We are not in favour of ignorance."

The number of course offerings in creative writing has roughly doubled over the last five years at Yale, where the creative-writing director, Richard Deming, suspects the interest can be credited at least partly to social media.

"This act of expressing one's voice in a public way — some people feel that they want to add craft, they want to hone those skills and take it to a place of more intensity," he said. "It just builds from there."

THE ASSOCIATED PRESS

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metro SPORTS

Hilary Knight scored the overtime winner to lift the host U.S. to a 3-2 victory and a fourth straight world championship on Friday in Plymouth, Mich.

NBA IN BRIEF

Raptors clinch at least top-three seed in East

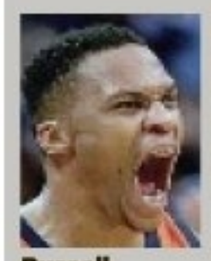
DeMar DeRozan scored 35 points and the Toronto Raptors wrapped up at least the No. 3 seed in the Eastern Conference with a 110-97 victory over the New York Knicks on Sunday.

The Raptors pulled away in the fourth quarter to reach 50 victories for the second straight season. They can still finish second if they beat Cleveland in their regular-season finale and Boston loses its final two.

THE ASSOCIATED PRESS

Westbrook sets triple-double record in style

Russell Westbrook broke Oscar Robertson's 56-year-old record with his 42nd triple-double of the season Sunday, then he broke the Denver Nuggets' hearts with a buzzer-beating three-pointer for a 106-105 victory.



Russell Westbrook GETTY IMAGES

That eliminated the Nuggets from playoff contention.

Westbrook had 50 points, 15 rebounds and 10 assists in breaking Robertson's record of 41 triple-doubles that stood since the 1961-62 season.

THE ASSOCIATED PRESS

Sens enter playoffs as losers thanks to Isles

NHL

Ottawa drops regular-season finale with 10 players resting

Anders Lee and Brock Nelson scored in the second period and the New York Islanders closed the season with their sixth straight win, beating the playoff-bound Ottawa Senators 4-2 on Sunday.

Andrew Ladd and Jason Chimera also scored and Nelson had an assist for New York, which was eliminated from playoff contention Saturday night.

Thomas Greiss, playing for the first time in six games, stopped 32 shots. Greiss last played on March 30, when he was pulled after giving up three goals on eight shots in first 8:06 of a 6-3 loss at Philadelphia. Jaroslav Halak started the last five games.

Bobby Ryan and Jean-Gabriel Pageau scored for the Senators and Mike Condon had 17 saves. Ottawa, which had already clinched second place in the Atlantic Division and home-ice advantage in the first round of the playoffs, left 10 players back home to rest.

With Ottawa trailing 3-0, Ryan got the Senators on the scoreboard with 1:06 left in the second, skating in and firing a shot into the top right corner for his 13th.

Pageau pulled Ottawa within one 2:34 into the third, beating Greiss with a wrist shot for his 12th.

The Senators pressed for the tying goal in the closing minutes but couldn't get anything else past Greiss. Chimera scored an empty-netter for his 20th with 1:08 left.

The Islanders gathered at centre ice after the game and saluted the fans.

Lee's goal, which extended the Islanders' lead to 2-0 at 8:17 of the second was his 34th of the season, which tied him for ninth in the NHL. Josh Bailey got his 200th assist on the play.

The Sens will play either the Boston Bruins or Toronto Maple Leafs in the first round of the playoffs.

THE ASSOCIATED PRESS

Jason Chimera of the Islanders checks the Senators' Mark Borowiecki on Sunday. BRUCE BENNETT/GETTY IMAGES

SUNDAY In New York

4	2
ISLANDERS	SENATORS

Go to metronews.ca for coverage of the playoff's first-round matchups

MASTERS

Garcia seizes green jacket

Sergio Garcia finally showed he has what it takes to win a major, and he has a green jacket to prove it.

Needing his best golf on just about every shot in the final hour at the Masters, Garcia overcame a two-shot deficit with six holes to play and beat Justin Rose in a sudden-death playoff Sunday for his first major after nearly two decades of heartache.

No one ever played more majors as a pro — 70 — before winning a major for the first time.

Garcia got rid of the demons and the doubts with two big moments on the par 5s — one a par, the other an eagle — in closing with a 3-under 69. It was never easy until the end, when Rose sent his drive into the trees on the 18th hole in the playoff, punched out and failed to save par from 15 feet.

That gave the 37-year-old Spaniard two putts from 12 feet for the victory, but he only needed one as his putt swirled into the cup. THE ASSOCIATED PRESS

Sergio Garcia GETTY IMAGES

MLB

Souza powers Rays over stumbling Jays

Steven Souza Jr. hit a three-run homer and was involved in a scrum after a slide during the Tampa Bay Rays' 7-2 victory over the Toronto Blue Jays on Sunday.

Corey Dickerson and Jesus Sucre also homered, and Jake Odorizzi (1-1) went six effective innings for the Rays, who took three of four from Toronto.

Toronto got a home run from Josh Donaldson, who left after grounding out in the sixth with right calf tightness, but dropped to 1-5. THE ASSOCIATED PRESS

Steven Souza Jr., right, exchanges words with Blue Jays shortstop Troy Tulowitzki on Sunday. GETTY IMAGES

IN BRIEF

Hinchcliffe back on top of IndyCar podium

Canada's James Hinchcliffe raced to his first victory since his near-fatal accident in 2015 by hanging on for a three-lap shootout to the finish Sunday on the streets of Long Beach.

Hinchcliffe had two strong late restarts to win in a Honda for Schmidt-Peterson Motorsports. The Oakville, Ont., native nearly bled to death in an accident during practice for the Indianapolis 500 two years ago. THE ASSOCIATED PRESS

Canadian women handed loss with late German goal

Linda Dallman's 86th-minute goal gave Olympic champion Germany a 2-1 win over Canada in a women's soccer friendly Sunday in Erfurt, Germany.

Deanne Rose scored in the 39th minute for fifth-ranked Canada, which probably deserved a better fate against the top-ranked women's side in the world. German went ahead in the 15th minute on an error by goalkeeper Kailen Sheridan.

THE CANADIAN PRESS

WORLD CUP

Canada's joint bid on for real: Source

A person familiar with the decision says the United States, Mexico and Canada are going to announce a joint bid for the 2026 World Cup on Monday.

The Confederation of North and Central America and Caribbean Association Football is moving ahead with the bid that was widely expected before Donald Trump was elected president. There has been concern the plan was unworkable under Trump's anti-immigrant policies, but even if he serves a second term Trump would not be president in 2026.

The confederation made the final decision to go-ahead with the bid at its meeting Saturday in Aruba, the person said.

THE ASSOCIATED PRESS

N. AMERICA

CONCACAF has not hosted the World Cup since the tournament was played at nine U.S. venues in 1994.

MAKE IT TODAY

Lovely Pinkie Pie Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We don't generally give cute names to our drinks but the sweetness of the strawberries, immunity boost from the coconut oil and protein in the greek yogurt make us love this smoothie enough to give it a special term of endearment.

Ready in 2 minutes
Prep time: 2 minutes
Serves 2

Ingredients

- 3/4 cup plain Greek yogurt
- 1 frozen banana, peeled, cut into chunks
- 1 cup strawberries, stems removed, roughly chopped
- 1/4 cup milk
- 2 tsp honey
- 1/4 tsp flax oil
- 1 Tbsp coconut oil
- 4 or 5 ice cubes

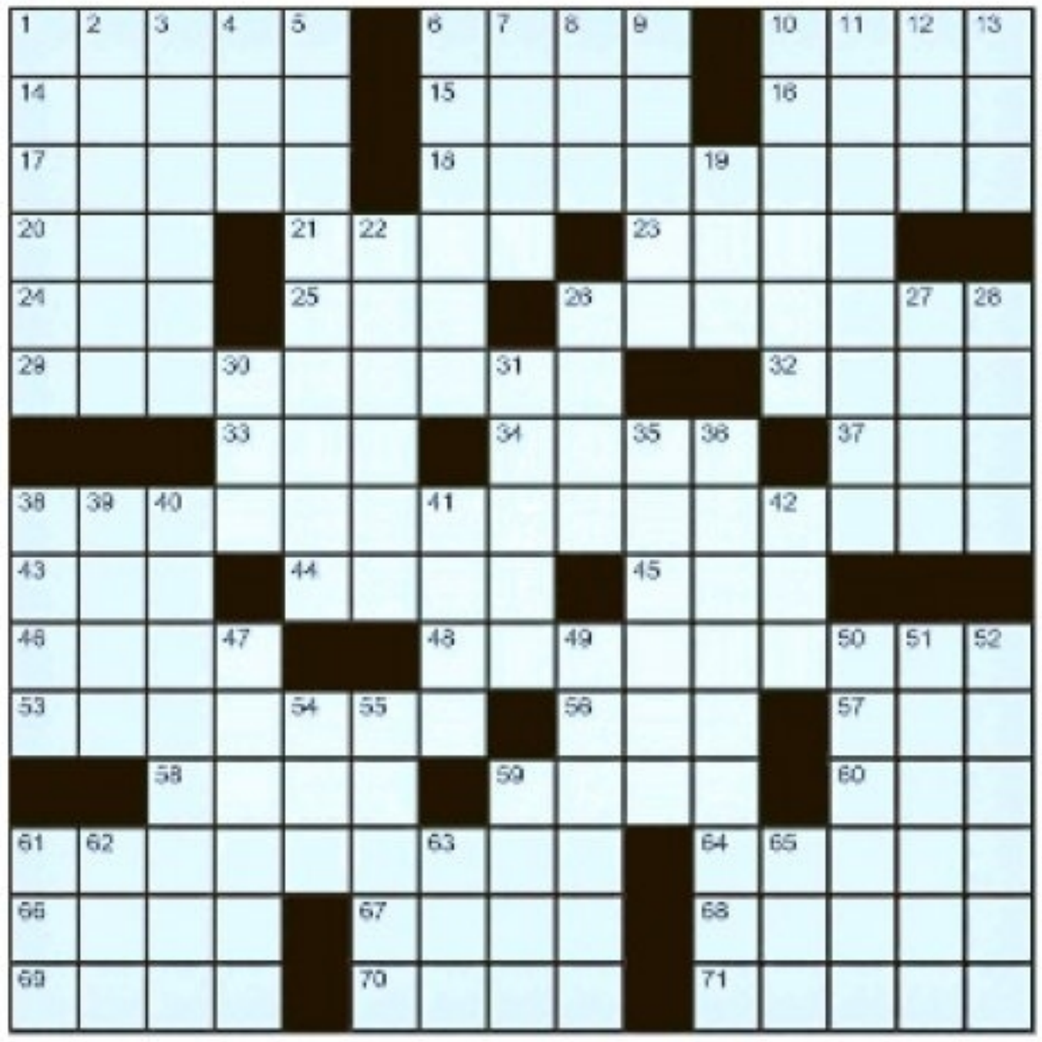
Directions

1. Place all ingredients in a blender and purée until smooth.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Lovely lily
6. Workout venues
10. Flee
14. "He's __ Nowhere Man..." - The Beatles
15. Nothing, in Montreal
16. Brit's bye-bye
17. Fishing net
18. Starter in Italian cuisine
20. 'Neat' suffix (Really tidy person)
21. Fine pursuits
23. Bible-style verb
24. 'Select' suffix
25. Mai __ (Cocktail)
26. Missionaries in early Canada like Jean de Brebeuf (b.1593 - d.1649)
29. Luminary
32. Breeze
33. Simon Garfunkel link
34. Mr. Stoltz
37. "__ Town": Song by #38-Across
38. 'Till the Wheels Come Off' is this Canadian band's debut album: 3 wds.
43. 'Street' in Sherbrooke
44. Young hawk
45. Light switch position
46. Ancient Egyptian goddess
48. Make stronger
53. Groom's greatest guy: 2 wds.
56. Neckwear piece
57. Street for Freddy of movies
58. River of Russia
59. Walk worriedly
60. Taxi
61. Law office professional
64. 1871 premiere city of Aida
66. Comply with the instructions
67. Ms. Gilpin of "Frasier"
68. Officiated a baseball game
69. Seal herds
70. Olympian queen
71. Saint's trait

DOWN
1. Meower attractor
2. Get there
3. One giving secret info to the press
4. Court concern
5. Whitney Houston hit: 3 wds.
6. Dei __ Regina (By the grace of God, the Queen)
7. Yangs counterparts
8. Converged
9. Sneering
10. Married or single, for example
11. Capitalize: 3 wds.
12. Affixed, abbreviated
13. Spiritual 'way'
19. Negative opposite, briefly
22. What the has-no-more-water well did: 2 wds.
26. Mean man
27. Stretched tight
28. Nimble
30. Downcast
31. V-formation Canadian fliers
35. Well-known, as symbols
36. Mug: 2 wds.
38. Hip-Hop house
39. River of England
40. Idled
41. Get a paycheck
42. ET's craft
47. Wanders
49. Roma's realm
50. Food Network Canada creation
51. Purplish-red
52. Incarnate
54. Seasickness, __ de mer
55. Hebrew alphabet's first letter
59. Henry VIII's sixth/last wife Catherine
61. Coke or Pepsi
62. Blood-typing letters
63. "__ whiz!"
65. Pierre's friend

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's a mixed bag when it comes to dealing with partners and close friends today. Earlier in the day, all is sweetness and light but later, intense emotions create power struggles.

Taurus April 21 - May 21
Be careful not to promise more than you can deliver at work today, because later, someone will hold you accountable. Be reasonable and realistic.

Gemini May 22 - June 21
This is a feel-good day! Enjoy movies, musical performances, sports events and social outings, especially playful times with children. Be patient late in the day when tempers are testy.

Cancer June 22 - July 23
This is a good day for a family gettogether. It's also a good day to explore real-estate possibilities or ways to improve your home. Avoid family arguments late in the day.

Leo July 24 - Aug. 23
Your enthusiasm for something will inspire others around you. However, it might put you at odds with someone later in the day. Easy does it.

Virgo Aug. 24 - Sept. 23
This is a good day to make money. It's an excellent day for business. Later today, the breakdown of machinery or a power struggle with someone could create problems.

Libra Sept. 24 - Oct. 23
Today the Moon is lined up with your sign, which makes you sympathetic and generous. You wish the best for someone and are willing to help. Avoid arguments later in the day.

Scorpio Oct. 24 - Nov. 22
Basically, this is a feel-good day for you! You feel sympathetic toward someone and are willing to put this person's wants and needs before your own. (This is noble.)

Sagittarius Nov. 23 - Dec. 21
You will find it easy to be with friends, especially members of groups, because you are warm and sympathetic to everyone. Furthermore, you feel you are all working for a common cause.

Capricorn Dec. 22 - Jan. 20
You look good in the eyes of others today. Bosses, parents and VIPs admire you. Nevertheless, avoid arguments late in the day. Just zip thy lip.

Aquarius Jan. 21 - Feb. 19
Travel plans are exciting. You might also be stoked about opportunities in publishing, the media, medicine, the law and higher education. You rock!

Pisces
Feb. 20 - March 20
This is a good day to settle differences and discuss wills, inheritances and shared property. However, avoid power struggles later in the day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		2		5	1			
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9		4						
			6			2	8	
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			8	4		9		

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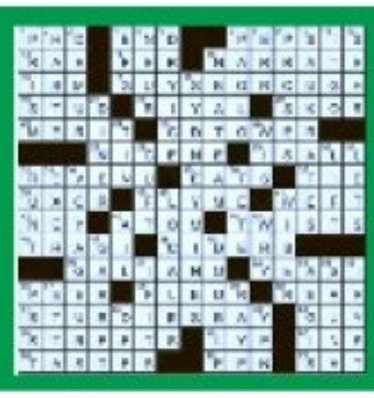

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3	7	1	6	9	4	8	5	2
9	5	2	7	3	8	6	1	4
6	9	5	8	2	1	4	3	7
7	1	4	3	6	5	2	8	9
8	2	3	4	7	9	1	6	5

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